

STATE-OF-THE-ART TREATMENT AND REPRESENTATION OF PERSONS WITH MENTAL ILLNESS

Friday, February 3, 2006

MCLE

8:00 REGISTRATION AND BREAKFAST

8:30 WELCOME

8:45 **EMPIRICALLY SUPPORTED PSYCHOTHERAPY: COGNITIVE BEHAVIOR THERAPY (CBT) FOR ANXIETY, MOOD AND SUBSTANCE-USE DISORDERS AND DIALECTICAL BEHAVIOR THERAPY (DBT) FOR BORDERLINE PERSONALITY DISORDER**

Dr. Otto will provide an overview of the nature and outcome of Cognitive Behavior Therapy, a brief, goal-oriented and present-focused therapy. Particular focus will be paid to the elements of treatment and the clinical outcomes that can be achieved. Clinical examples will be drawn giving participants the “feel” of treatment and strategies to manage stress. Dr. Harley will focus on the unique style and uses of Dialectical Behavior Therapy.

Michael Otto, Ph.D., Center for Anxiety and Related Disorders. Professor of Psychology, Boston University.

Rebecca Harley, Ph.D., Instructor in Psychology, Department of Psychiatry, Massachusetts General Hospital.

10:30 **A CRITICAL, EVIDENCE BASED ANALYSIS OF THE INTERSECTION OF PSYCHOPHARMACOLOGY, MENTAL HEALTH CARE, AND THE LAW**

This session will analyze the efficaciousness of psychiatric medications and the legitimacy of psychiatric diagnoses. Dr. Birnbaum will present evidence that is used to demonstrate effectiveness of medications and address recent studies that reveal significant, potential risks to commonly-used medications. Dr. Birnbaum will also highlight new medications that have recently been or will soon be introduced.

Robert J. Birnbaum, M.D., Ph.D., Medical Director, Division of Post-Graduate Education, Department of Psychiatry, Massachusetts General Hospital. Assistant Professor of Psychiatry, Harvard Medical School.

11:45 **EFFECTIVE THERAPIES FOR BEHAVIORALLY DISTURBED CHILDREN**

In his presentation, Dr. Clark will review several forms of treatment with demonstrated efficacy in aggressive and out of control children, including Cognitive Behavioral Therapy, Multi-systemic Therapy, and Collaborative Problem Solving. The role of psychotropic medication for such children and the critical impact of parenting practices will also be covered.

Andrew B. Clark, M.D., Medical Director, Children and the Law Program, Massachusetts General Hospital. Instructor in Psychiatry, Harvard Medical School.

12:30 LUNCH (ON YOUR OWN)

1:30 **THE ABC'S OF 123: TACKLING FREQUENT AND COMPLEX EVIDENTIARY ISSUES IN MENTAL HEALTH CASES**

Judge Minehan will provide constructive and practical information on handling evidentiary matters in mental health proceedings. She will focus on proffering experts, objecting to qualifications, standard of review, business and medical records, Daubert and Lamb warnings.

Hon. Rosemary B. Minehan, First Justice, Wareham District Court.

3:30 **MOTIVATIONAL INTERVIEWING: A POWERFUL PARADIGM FOR CHANGE**

Dr. Kane will discuss the emerging and novel field of motivational interviewing which was originated for use in alcohol treatment. This very accessible interviewing style has three main areas: one, determining how ready your client is to accept change; two, understanding how the interviewer confronts differing stages of readiness; and three, learning how the interviewer can respond to the client in order to motivate the client to effect change.

Martha T. Kane, Ph.D., Clinical Director, Addictions Services Unit, Massachusetts General Hospital. Instructor in Psychology, Harvard Medical School.